

Senior Happenings

SUMMER NEWSLETTER
2016

Gloucester County Division of Senior Services, 115 Budd Boulevard, West Deptford, NJ 08096



**Department of Health and
Human Services**

Division of Senior Services

**Aging & Disability
Resource Center**

**115 Budd Boulevard
West Deptford, NJ 08096**

(856) 384-6900

1-877-222-3737



**Freeholder Director
Robert M. Damming**

**Freeholder Liaison
Jim Jefferson**

New Jersey 2016



Farmers Market Program

The Gloucester County Board of Freeholders is offering \$25 in vouchers to income eligible seniors to buy fresh produce at designated local farmers markets this year. Gloucester County Senior Services distributed the vouchers at various locations throughout the county. Vouchers will continue to be distributed at the Senior Services Office located at 115 Budd Boulevard while supplies last. Seniors must be 60 years of age or older and have an annual income less than \$21,978 for one and less than \$29,637 for two. Seniors must show proof of income (2015 Income Tax, current Social Security Statement, Medicare & Pension Statements, Bank Statement or Medicaid card). Please call (856)384-6900 for more information.

Obesity is a serious public health problem that puts our citizens at greater risk of chronic diseases such as diabetes, hypertension, heart disease and some cancers. Research suggests that the following five behaviors help to prevent obesity.

- Increase the consumption of fruits and vegetables
- Decrease the consumption of sugar-sweetened beverages, such as soda and juice
- Reduce the consumption of high-calorie, low-nutrient foods such as chips and candy
- Decrease television viewing/Increase exercise & physical activity

The Gloucester County Health Department offers Senior Fitness Programs. Call (856) 218-4106 for more information.

- Step by Step: Gloucester County's walking program for residents (60+).
- Tai Chi: This program includes agile steps and exercises that may improve mobility, breathing and relaxation.
- Sunrise Yoga: This is a very gentle form of chair yoga designed for older adults.

Keeping Cool

The Gloucester County Board of Chosen Freeholders sponsored the 2016 “Keep Cool” Fan Distribution for seniors on June 15th. Prolonged heat and humidity can present a serious health hazard, especially for young children, the elderly, and persons taking certain medications. To avoid health complications from excessive heat, the NJ Department of Health & Senior Services recommends:

☀ Drink plenty of water or other non-alcoholic beverages.

☀ Make sure children and the elderly are drinking water, and ensure that persons with mobility problems have adequate fluids in easy reach.

☀ If you do not have air conditioning, spend time in air-conditioned places such as libraries, movies, malls or other public buildings during the hottest hours of the day.

☀ Wear loose and light-colored clothing. Wear a hat when outdoors.



*Pictured:
Freeholder Liaison
Jim Jefferson &
Members of the G.C.
Senior Advisory
Council*

☀ Reduce physical activity or reschedule it for cooler times of the day.

☀ Don't leave children, elderly, a person with a disability, or pets in an enclosed car -- not even for a minute -- as temperatures can quickly climb to dangerous levels.

☀ Talk to your health care provider about any medicine or drugs you are taking. Certain medications can increase the risk of heat-related illness.

Dealing with the Heat

The County has various “Cooling Centers” available for seniors and other residents seeking shelter from the heat located at the six Nutrition Sites, County Libraries, and the Shady Lane Nursing Home.

Glassboro Senior Center
152 S. Delsea Dr. Glassboro, NJ 08028
(856)881-6610

Mantua Township Community Center
111 Mercer Ave. Mantua, NJ 08080
(856)468-4773

Thorofare Fire Hall
Firehouse Road West Deptford, NJ 08086
(856)853-6496

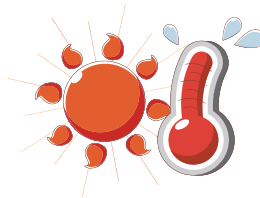
Pfeiffer Community Center
301 Blue Bell Street Williamstown, NJ 08094
(856)728-1140

Franklin Community Center
1584 Coles Mill Road Franklinville, NJ 08322
(856)694-1413

Second Baptist Church
1534 Pine Street Paulsboro, NJ 08066
(856)423-3387

Shady Lane Nursing Home
256 County House Road Clarksboro, NJ
(856)224-6979

For Library locations, call the Gloucester County Library System at (856)223-6000 or visit www.gcls.org



Senior Citizen Picnic

The Gloucester County Board of Chosen Freeholders will sponsor their annual Senior Citizen Picnic on September 7th (rain date September 8th) from 11:00am to 3:00pm at Redbank Battlefield in National Park. This year's theme is "Western Hoe Down."

Lunch, music, entertainment, and dance contests will be presented throughout the day.

Tickets are \$2 and will go on sale at the Division of Senior Services at 115 Budd Boulevard in West Deptford and at the six Nutrition Sites on June 27th. Please note that in order to attend this event, you must be a Gloucester County resident and at least 60 years of age. Call (856)384-6900 for more information.



50th Annual NJ Senior Juried Art Contest and Exhibition



New Jersey will host the 50th Annual Senior Juried Art Contest and Exhibition this summer. Eligibility guidelines are as follows: must be 60 or over, a Gloucester County resident, must be the original work of the applicant, and must not have been previously entered into the NJ State Senior Citizens Annual Juried Art Contest and Exhibition. Applicants may submit two entries completed within the past three years. One first place winner will be chosen for each of the following categories: acrylic, craft, digital imagery, drawing, print, mixed media, oil, pastel, photography, sculpture, and watercolor. Applicants must register to participate by July 6, 2016. The reception is open to the public and will be held July 21 from 1pm to 3pm in the College Center Mezzanine at Rowan College at Gloucester County. Call Gloucester County Senior Corps at 856-468-1742 for more information.

Gloucester County Outstanding Senior Volunteer Award: Call for Nominations

Volunteering is a wonderful way to strengthen your community, improve lives, make a difference, and pay it forward. The Gloucester County Board of Chosen Freeholders hosts an annual award ceremony to recognize an outstanding senior volunteer. Nomination forms are available at the Division of Senior Services at 115 Budd Blvd. in West Deptford. Nominees must be at least 60 years of age, involved with seniors, live in Gloucester County, and primarily work with seniors in a County Program. For more information or to obtain a nomination form, please call (856)384-6900.





www.gloucestercountynj.gov

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The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856)384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711

Senior Photo IDs

If you are 60 years of age or older and reside in Gloucester County, visit the office of Senior Services to receive your free senior photo identification card. You must present documentation showing your date of birth and your Gloucester County address. Call (856) 384-6900 for more information.

Free Wills Program

This program provides a free simple Will to residents of Gloucester County, 60 years of age and older. For additional information, please call (856) 384-6900.

Free Classes at GC Libraries

The Gloucester County Library System offers various programs free of charge including craft and popular computer classes like Basic Computer Skills and Introduction to Facebook at various locations through Gloucester County. For more information, please call (856)223-6060.

Caregiver Support Program

The Gloucester County Caregiver Support Program responds to the needs of CAREGIVERS, providing them with support and assistance in accessing services to help maintain individual caregiving needs. Services include information and assistance with in home support services, individual counseling, and a monthly caregiver support group meeting. For additional information regarding any of these services, please call (856)686-8338.

Dates to Remember

September 7 – Senior Picnic

October 19 – Volunteer Luncheon (by invitation)

October 26 – Caregiver Appreciation Luncheon (registration required)

December 6, December 7, December 13, & December 14 – Senior Citizen Christmas Parties

The Division of Senior Services is open Monday through Friday from 8:30 AM to 4:00 PM. Services are available to all residents of Gloucester County who are 60 years of age and older, regardless of race, color, or national origin in compliance with Title III of the Older Americans' Act.